

relax unwind breathe .com

**rub**

# Emma Banks Massage Therapist

Itec Diploma in Holistic Massage  
Fully Insured

**Ph: 087 9313183**



## Holistic Massage

Relax unwind and breathe with a Holistic Full Body massage  
60 mins / €60

## Back, Neck & Shoulder Massage

Reduces built up tension in the back, neck and shoulder areas  
35 mins / €40

## Stress Buster Chair Massage

Relieves stress and tension in head, neck and shoulders

30 mins / €35

15 mins / €20

## Hand, Arm & Face Massage

A very relaxing treatment leaving you  
feeling revived and pampered.

25 mins / €30

## Relaxing Leg Massage

Revive those tired feet and legs

25 mins / €30

